

PROPER USE OF ENVIRONMENT AND PHYSICAL ACTIVITY MEASURES

Thank you for your interest in these measures of environments and physical activity, many of which were developed and evaluated with Active Living Research funding. You are encouraged to use these measures because they will contribute to comparability of results across studies and build the evidence base more quickly.

- The developers of these measures (also called instruments and materials) have agreed to post their measures and supporting materials on the Active Living Research website in the interest of fostering scientific communication and making these tools widely available. Please follow accepted common-sense principles in using these measures.
- Users may download the materials posted here for scientific research and other non-profit use. No specific permission is needed. The measurement materials may not be sold, rented, or leased for profit.
- These measures have evidence of reliability and/or validity, so they are best used intact, applying methods as close as possible to those described in the primary papers. Since this work is ongoing for many investigators, you may wish to contact them directly to obtain the latest information about their measures.
- Because active living research is a rapidly developing field and these measures may be used in settings that are very different from the settings in which they were developed, it is understood that modifications may be desirable. Modifications may also be needed when using a measure with a different population. Modifications include deleting, adding, or changing items, instructions, response options, scoring, and training. At a minimum, modifications should be described in publications and other reports. A better approach is to pilot test the modified version before implementation. The best approach would involve repeating evaluations of the psychometric qualities of the modified instrument, such as reliability and validity. Users considering major modifications are encouraged to consult and collaborate with the developers of the measures.
- Translation and cultural adaptation is a special case of modification that applies to both the self-report and observational measures. There are several guidelines for effective translation and adaptation, and translation should have the goal of expressing the same concepts in another language rather than making a literal translation of the words. At minimum, back-translation to English is required to evaluate the accuracy of the translation. This is a complex process, and users are encouraged to collaborate with experts in translation. One set of guidelines for translating and adapting physical activity-related measures can be found at www.ipaq.ki.se, but there are other sources of guidelines. Users who translate any of these measures are expected to provide the translated version to the developers, along with a description of the translation methods used. The translation and adaptation process, and a summary of changes, should be described in published reports using the translated measure.
- These measures are copyrighted works. In reports or publications, credit must be given to the original developers by citing the primary publication describing the instrument. Even when a modified version of the instrument is used, credit for the original version should be given to the developers.
- Under no circumstances will Active Living Research or the developers of the instruments posted here be held liable for direct or consequential damage resulting from the use the posted instruments.

Active Living Research posts a list of relevant studies on our website, so please send us any publications using these measures, or any other ALR-related papers, so they can be posted to alr@projects.sdsu.edu.